

WHY THE Y?



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

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www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

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There are so many instances where the efforts of both staff and members represent the essence of the Y's mission... the following is just one:

Hi! I hope this email finds its way to the right person. I wanted to let someone at the YMCA know how thankful I am for some of the help I received this past year. In particular, I wanted to mention Steve Caruth.

Two years ago, I was unfit, and officially diagnosed as obese. Somewhere along the past 11 years, after having kids, I lost a little of myself. Prior to having kids, I was very fit and active. Eleven years later, I couldn't get into an exercise pattern, and any type of consistent goal seemed unfathomable. In 2014, I started exercising with a little bit more consistency. Then in September 2014, I decided to take a kettle bell class with Steve Caruth. Steve is great and with his help in our group class, I was able to feel stronger than ever before. In January of 2015, I told Steve I wanted to do a triathlon. He was incredibly supportive and helpful in my new journey.

Steve encouraged me to sign up for a swim training class that he took himself. It probably doesn't sound like

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Steve Caruth

much, but wearing a bathing suit for an obese woman and getting into a pool was tough. He offered for me to swim in his lane if it made me feel more comfortable. After a few months of swimming and group kettle bell classes, I started personal training with Steve on a weekly basis at the Y. With a few weeks until the triathlon I started to really panic. My goal of being in a triathlon seemed so ridiculous. I had ordered a wet suit to wear and could not even get it on. Steve remained encouraging and provided valuable tips in preparing for the swim aspect of the event.

Steve went on vacation but made it a point to text me the night before my first triathlon with encouragement and on Sunday, July 26th, I finished my first triathlon. Something I never thought I could accomplish. I wanted to write this because Steve made a huge difference in my life and I will forever be grateful to him. I look forward to continuing my weekly training with Steve, as well as continuing kettle bell classes with him. **Jeannette Piazzi - Y member since 2009**

MY Y. YOUR Y.

No matter where you are in the Garden State, you're welcome at the Y! More choices mean more chances to use your Y membership to its fullest.

MEMBERSHIP RECIPROCITY PROGRAM

Lakeland Hills Family YMCA has teamed up with other New Jersey YMCAs to add more value to your membership and make it easier for you to make healthy exercise choices when away from home. This program allows members to visit other participating New Jersey YMCAs* at no cost, providing you are using your "home" Y most frequently. Restrictions vary among the Ys so please call prior to your visit for details. ***Reciprocity membership is valid for family and adult members only.*** Be sure to bring your LHY membership card and photo ID upon visiting participating Ys.

For more information, contact the Member Services Desk or call 973.334.2820.

Note to visiting members at LHY: Saturday hours are from 12 noon to closing. No guest privileges.

*List of participating Ys:

<http://www.njymca.org/main/membership-reciprocity/>

CAMPERS in the LEADERS IN TRAINING (LIT)



One of the key pillars of the Y's mission is social responsibility and every effort is made to afford young people the opportunity to experience being a volunteer. The LIT Campers participated in a special service project this summer. 32 LIT's went to harvest vegetables for *America's Grow a Row Farm*. Our young people picked produce and packed a truck for immediate distribution at the Community Food Bank of New Jersey. This program was started in 2002 from a very small garden that grew crops and now produces fresh fruit and vegetables for those who cannot afford them through a free farm market program.



ALL NEW WiFi THROUGHOUT THE Y!

In case you and your phone, iPod, tablet or laptop haven't already noticed...the long awaited, long anticipated installation of our new wireless network is now complete!! In addition to being more stable and robust, the new network acts as a seamless mesh, 10 access points working as one, to balance the traffic load. This also means you don't have to change connections as you move about the building. Just connect to "YMCA Member" and click the "Continue to Internet" button on the "splash page" when it pops up and you'll be good to go!

We appreciate your patience while we went through the pains taking process of re-searching the right solution to serve our needs now and for a long time into the future. If you experience any difficulty connecting your device to our wifi please don't hesitate to reach out to Information and Technology Director, Suzanne Mantuano – suzannem@lhymca.com. We are excited to offer this service to our members and want everyone to enjoy it hassle-free!

CAMP KUDOS FROM PARENTS!

- I just wanted to say my kids are thoroughly enjoying the two sessions of half-day camp. Delenyi and Dylan have great counselors in Sara and Sophia. Both girls have made an extra effort for any concerns that I may have for my kids. Thanks for another great summer!
- My 8 year-old daughter, Shannon attends your half-day session programs. I just wanted to share with you that she could not stop talking about how much fun she had at the carnival today with the rides, games and pie toss, she had a blast! It's our first time attending the camp and it has truly exceeded our expectations thus far – so, thank you!
- Please allow me to compliment you and your staff for the way traffic was handled today. I know it was a crazy day. However, you had enough staff directing cars to where everyone needed to be. It was extremely hot and humid. However, everyone kept their "cool" and took care of business and most importantly our children's safety. I also wanted to extend my appreciation to all the members of the Y as I am sure the summer months are difficult on them as well. My son Lucas is in his second summer with you and he is having the time of his life! Keep up the good work!
- I saw Matthew this morning when I dropped off TJ for his camp group. Matthew is his counselor and is such a pleasant young man. I would have said that even if I didn't know you, but it is so nice to be able to share that. I told him that my friend was going to pick TJ up this afternoon rather than him staying for aftercare. Matthew was great – he repeated the request and said we'll be sure to have him ready. It was exactly what I wanted to hear. And he had a great smile on top of it. I'm sure the parents must feel good knowing he is so responsible with their kids!



Camp Kudos From Parents Cont'd...



- Tyler da Silvia and Isabel Castro helped with the preschool half- day camp. They are fabulous! Each of them played a major part in the success of camp and we are going to miss them at the end of the summer! **April Ryder, Partial Day ECLC Director**

- Just wanted to reach out to you and inform you of what a fabulous time Julia had at camp these past two weeks. Julia was a bit apprehensive to attend this year due to the fact that her school friends were not attending the Y this summer. Not only did Julia find friends to spend time with, she truly was so happy everyday because of the counselors. Amber, Marissa and Melissa were sensational. From the care and time spent, to the laughs and fun, the entire experience was wonderful for Julia. I have been signing up my children for the camp for years because I know it is run efficiently with safety in mind and a number of activities for learning and fun. I must say the counselors you have are dynamic. I realize there are many, many people to thank, but I am hopeful you will share this email with the rest of your staff. Thank you for your role in making the Y summer camp a memorable one.

Special Note... Thank you to all of our members for their patience and understanding for some of the inconveniences they may have experienced during our summer camp. However, the camp afforded our children a wonderful summer experience.

LIFE FITNESS DISCOVER SI TREADMILLS

Treadmill quick tips:

- Swipe to the left for quick access to programs
- Keep swiping to search other options
- The "Internet" tab allows you to browse the web, watch YouTube, check emails or most anything else you would like to do
- The "Courses" tab brings you to the virtual trails that you can run or walk, which make it look like you are actually there
- These models have the same programs of the previous treadmills with the addition of the "Marathon Mode" and some extra programs
- Treadmills now have a maximum speed of 14 MPH
- See the full user manual for our Discover SI console: [Life Fitness Treadmills](#) or stop into the Director's office to borrow a hard copy of the manual

FAQ:

Can you add time to your workout during exercise?

Yes, at anytime during exercise you can select "Workout" from the list of tabs and go back into a manual program, change the time, press "Start" and "Views" to go back to the speedometer view. You can also change your workout program the same way.

Can you still use the "track" or "mountain" view during your workout instead of the speedometer?

Yes, underneath the speedometer circles, you can select all the different views that the previous treadmill had.

Can you watch TV?

No, there are no TV's hooked up to these treadmills but you can watch movies by going through your Netflix web browser.

Why is the Apple cable still the 30-pin connector?

Apple will not release the cable to Life Fitness to allow them to use on the treadmill and they also restrict some of the programs you can use on the treadmill as well. In the near future, Life Fitness will be eliminating both Android and Apple cables and using Bluetooth to establish the connection, instead of the cables.

Will you still be able to charge your phone if the Android and Apple cables are eliminated?

Yes, you will still be able to charge through the USB port.

Still have questions? Feel free to ask a staff member.
We are here to help!

